

# J-SEI October 2017

1285 66<sup>th</sup> Street, Emeryville, CA 94608 (510) 654-4000 Lunch served Monday-Thursday, 11:30 am at J-Sei Dining Site

Contact: (510) 654-4000, ext. 15 for GREG or email greg@j-sei.org if your schedule changes.

DONATION: The suggested donation for individuals 60+ is \$4/lunch if receiving a meal more than once per week. The suggested donation for individuals 60+ is \$5/lunch if only receiving a lunch one time per week. Please donate what you can afford towards the cost of your meals. No senior is denied a meal for inability to contribute.

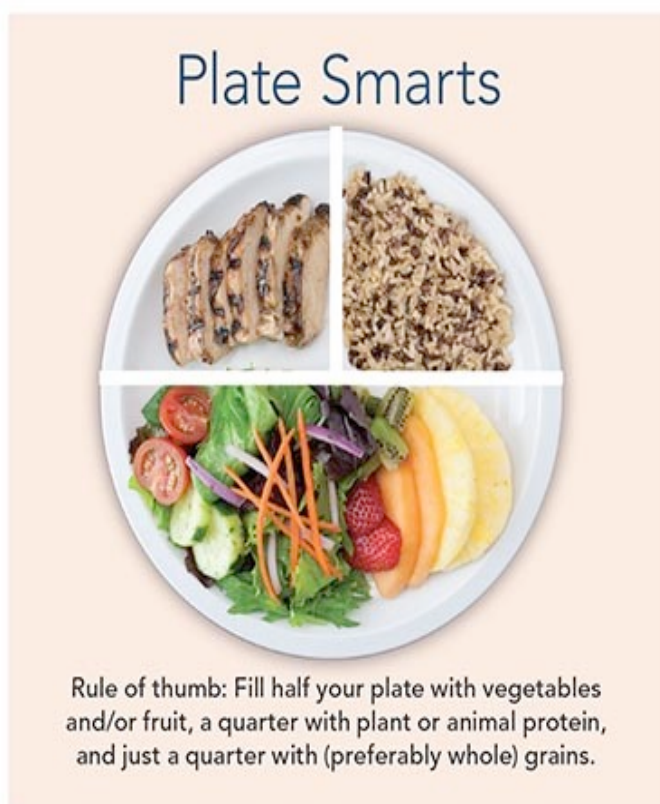
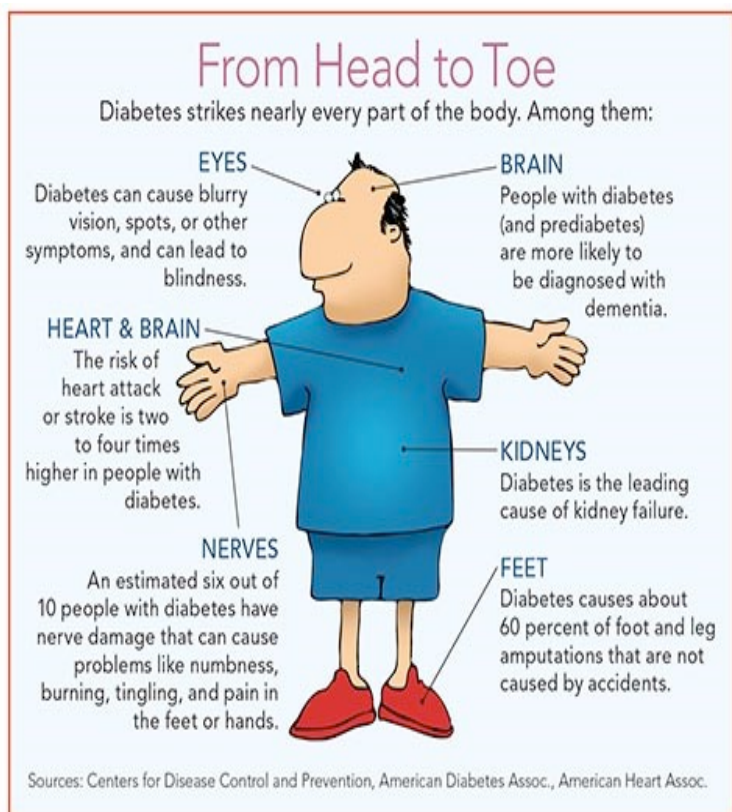
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY HOME DELIVERY
<b>2 UNAGI &amp; TOFU DONBURI (Broiled Eel &amp; firm tofu over rice)</b> Soup Daikon and Carrot Sunomono*+ Steamed Broccoli*+ Fruit+	<b>3 SALMON SHIOYAKI (salt grilled salmon)</b> Soup Daikon & Carrot Sunomono*+ Baked Butternut Squash*	<b>4 TOFU PATTY W/ MUSHROOM GRAVY</b> Soup Spring Mix Salad w. carrots, red peppers & tomatoes*+ Braised Kabocha* Fruit	<b>5 SPAGHETTI &amp; MEATBALLS*+</b> (Japanese style spaghetti with assorted fresh vegetables ) Soup Fruit Spring Mix Salad*+	<b>6 BARACHI CHIRASHIZUSHI WITH EGG, FISH, SHRIMP, AGE, AND VEG</b> Tofu Salad+ Edamame * Fruit+
<b>9 J-SEI CLOSED</b> 	<b>10 GINGER BEEF W/TOFU, GREEN ONIONS &amp; SHIITAKE</b> Soup Cabbage & Carrot Salad *+ Yams* Fruit+	<b>11 CHICKEN NABEYAKI UDON (chicken, tofu age, kamaboko, spinach w/ green onions over udon noodles)*</b> Steamed Broccoli *+ Fruit	<b>12 SUSHI BIRTHDAY ASSORTED SUSHI*</b> Edamame Spinach Shira-ae*+ Cupcake or Fresh Fruit+	<b>13 CHILLED MISO RAMEN W/CHICKEN *</b> (chicken and vegetable over miso ramen noodles) Spinach Shira-ae+ Fruit+
<b>16 BAKED MISO SNAPPER (baked fresh snapper in lite miso sauce)</b> Soup Fruit-Cantaloupe* Cucumber Carrot Tsukemono*+ Steamed Broccoli*+	<b>17 FIRM TOFU &amp; EGGPLANT DENGAKU (miso-laden sauce on grilled tofu &amp; roasted eggplant)</b> Soup Hijiki w/Edamame* Spring Mix Salad with garbanzo beans*+, cucumbers Fruit	<b>18 NIMONO WITH CHICKEN+</b> (simmered vegetables with chicken, egg) Soup Fruit+ Braised Baby Choi*+	<b>19 OYAKO DONBURI** (chicken &amp; egg with vegetables over rice)</b> Soup Cucumber & Cabbage Salad *+ Steamed Broccoli*+ Fresh Fruit	<b>20 SALMON ONIGIRI &amp; BEEF DANGO (3) (Rice ball with Salmon, Beef Meatballs(3))</b> Soup Fresh Fruit Cabbage & Carrot Salad*+Edamame*
<b>23 BEEF CABBAGE ROLLS+(Ground beef in Cabbage &amp; Tomato Sauce)+</b> Soup Fruit Spring Mix Salad w.carrot, red bell ppr & garbonzos	<b>24 CHICKEN NABEYAKI (soup made with udon noodles, chicken, egg, age tofu, kamaboko, and spinach toppings)*+</b> Cucumber Carrot Tsukemono*+ Lettuce & Romaine Salad w garbanzos*+ Fruit	<b>25 SWEET &amp; SOUR SNAPPER*+</b> (grilled fresh snapper in sweet & sour sauce Loaded with vegetables) Soup Baked Kabocha* Fruit+	<b>26 BAKED LEMON HERB CHICKEN</b> Soup Spring Mix Salad *+ Baked Butternut Squash* Fruit	<b>27 HYASHI CHUKA** (ham, egg, and vegetables over chilled noodles)</b> Tofu Salad*+ Fruit+
<b>30 ANKAKE UDON WITH FISH (Grilled fish over udon noodles)</b> Soup Fruit+ Kabocha *	<b>31 SABA SHIOYAKI (Grilled Mackerel in lite soy sauce)</b> Soup Spinach & Carrot Salad*+ Kabocha* Fruit+	 Happy Halloween	<b>Menu Subject to Change</b> Funding support from Alameda County and Contra Costa County Area Agency on Aging	Vitamin +C source, Vitamin *A source, **>indicates+1000mg sodium Soy milk offered Mixed-grain rice served, unless indicated.

# Adult Onset Diabetes Care & Prevention

For older adults: typical signs such as unexplained weight loss should be viewed as a symptom of a problem. Diabetes is an important health condition for elderly population. At least 20% of patients over 65 years old have diabetes. These patients tend to have high rates of premature death, functional disability, hypertension, heart disease and stroke. New-onset diabetes in adults over 50 years old may signal underlying pancreatic cancer, which should be investigated.

Strict diets in long-term care are not warranted and may lead to dehydration and malnutrition; specialized diabetic diets are not required, however a balanced diet with consistent timing of carbohydrate meals and DASH DIET are recommended as treatment goals. Modify medications, rather than strict diet as needed. Exercise and nutrition management is recommended. Complex Carbohydrate based foods should be readily available during and after exercise. A multivitamin-mineral supplement may be beneficial.

Potential complications of Diabetes includes retinopathy, ocular abnormalities, nephropathy and End Stage Kidney Disease, neuropathy (sensory or motor conditions, which may lead to ulceration or even limb amputation, orthostatic hypotension, intractable nausea and vomiting, and diabetic gastroenteropathy), diabetic cystopathy, and chronic diarrhea.



## Now for the good news:) Six eating changes to cut your risk of diabetes

These are based on long-term studies that track people's habits and whether or not they develop diabetes.

1. Choose  $1/4^{th}$  of your plate to have whole grains or whole grain noodles
2. Add a little seasonal fresh fruit to water to make a fruit water drink, instead of juice or sweetened beverages
3. Have simple variety of iron protein foods: lean meat, fish, poultry, and nuts or a little cooked dried beans or peas
4. Try some unsweetened yogurt with seasonal fresh fruit as a snack
5. Have a daily cup of coffee or decaf coffee for flavonoids and antioxidants
6. Add magnesium foods (leafy greens, beans, nuts and whole grains, while simplifying your plate by reducing salt/sweetened pickles/condiments, processed meats

Sources: Nutrition and Diagnosis-Related Care by Sylvia Escott-Stump, 8th Ed

Am. J. Clin. Nutr. 102: 1543, 2015; Diabetes Care 33: 2477, 2010; Am. J. Clin. Nutr. 94: 1088, 2011; BMC Med. 12: 215, 2014; Circulation 133: 1645, 2016; Am. J. Clin. Nutr. 97: 155, 2013; 16 Diabetes Care 37: 419, 2014.